



## Advice From A Tree

### Tool for HeartConnexion® Living

All around us are resources from which we can learn. Nature acts as one of those resources. During biblical times it was common to read the signs around them. Jesus spoke of reading the signs of the sky when he referenced the color of the sky at morning or evening. Farmers still do it. I remember as a boy hearing farmer's talk about how cold a winter we would have based on the color and thickness of the wooly worm. When I worked on a horse farm in my teens I could always tell when it was going to rain. If the flies were biting it was going to rain...and it usually did. What are some signs of nature that give you information?

In our home, we have a picture over our fireplace that says Advice from a Tree. We got it when we were in Colorado last year. It is from *Your True Nature*.

**1. Stand Tall and Proud.**

For what can you stand tall and proud?  
What makes you not stand tall and proud?

**2. Be Content with Your Natural Beauty.**

From where does your natural beauty come?  
What is the natural beauty you see in the people in this room? In your life? In yourself?

**3. Go Out On a Limb.**

What are some ways that you have been stretched or have taken a risk?  
What did you discover or what was the result?

**4. Drink Plenty of Water.**

In what ways are you taking care of yourself?  
Why is this important?

**5. Remember Your Roots.** Think about from where you come.

How has this shaped you?  
How does it challenge you?

**6. Enjoy the View.**

What do you see ahead of you?  
What are you feeling about what you see? Fear? Hope? Joy?